



Potato Chowder with Pancetta and Rosemary

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups baking potato cubed peeled (1-inch) (3 pounds)
- 0.3 teaspoon pepper black
- 1 cup half-and-half fat-free
- 4 cups less-sodium chicken broth fat-free
- 1 teaspoon rosemary fresh finely chopped
- 2 garlic cloves minced
- 2 cups leek diced (1 large)
- 0.7 cup pancetta diced

0.3 teaspoon salt

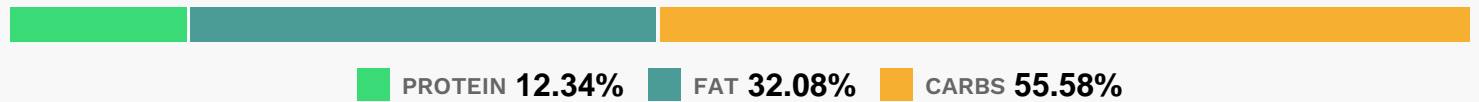
Equipment

dutch oven

Directions

- Place pancetta in a Dutch oven, and cook over medium heat 4 minutes or until browned, stirring frequently.
- Add leek and garlic; saut 1 minute.
- Add potato, broth, and salt; bring to a boil. Reduce heat, and simmer, uncovered, 26 minutes or until potato is very tender, stirring occasionally.
- Remove from heat; stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:19.86, Glycemic Load:19.8, Inflammation Score:-5, Nutrition Score:10.247391186331%

Flavonoids

Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 211.13kcal (10.56%), Fat: 7.67g (11.79%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.77g (10.1%), Sugar: 3.07g (3.41%), Cholesterol: 12.88mg (4.29%), Sodium: 630.22mg (27.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.27%), Vitamin B6: 0.59mg (29.58%), Potassium: 714.08mg (20.4%), Manganese: 0.34mg (16.83%), Phosphorus: 157.3mg (15.73%), Vitamin B3: 2.76mg (13.82%), Vitamin B1: 0.19mg (12.85%), Vitamin C: 10.37mg (12.57%), Vitamin K: 11.85µg (11.29%), Magnesium: 43.79mg (10.95%), Selenium: 7.33µg (10.47%), Iron: 1.79mg (9.96%), Copper: 0.19mg (9.73%), Vitamin B2: 0.15mg (8.72%), Fiber: 2.12g (8.48%), Folate: 33.42µg (8.36%), Vitamin B5: 0.77mg (7.73%), Vitamin B12: 0.43µg (7.1%), Vitamin A: 349.48IU (6.99%), Calcium: 60.62mg (6.06%), Zinc: 0.86mg (5.72%), Vitamin E: 0.28mg (1.88%)